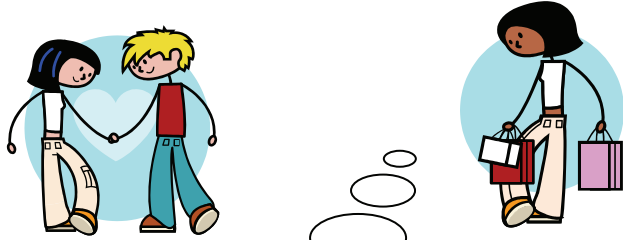


What If I'm In An Unhealthy Relationship?

Talk to someone you trust!



Think about safe ways to end the relationship.

Contact SAVIS for support.

Remember:
Nobody deserves to be abused!



Breaking Up

Not all relationships last forever!
When breaking up...

- Choose a safe location for the break-up
- Be ready for uncomfortable feelings
- Be clear, honest and firm. Make it final!
- Give yourself time to heal 😊

Where are we located?

SAVIS main office is on the 2nd Floor of
Hopedale Mall
(at Third Line and Rebecca St.)
1515 Rebecca Street, Suite 227
in Oakville

SAVIS is also in Burlington and Milton

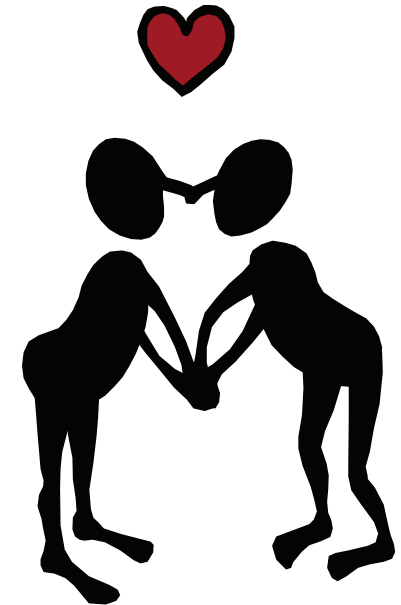
24 Hr Crisis Line - 905. 875.1555
Toll Free - 1.877.268.8416
TTY for the Deaf - 905.825.3743

**If you are Deaf and calling after
4:30 p.m. please call our
Crisis Line using Bell Relay Service**

Administration - 905.825.3622
Email - savis@savisofhalton.org
Website - www.savisofhalton.org

Sexual Assault & Violence Intervention
Services of Halton (S.A.V.I.S.)

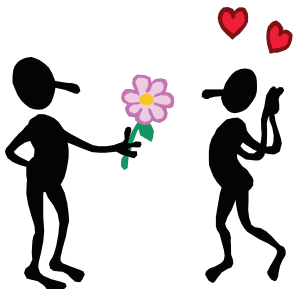
Healthy Relationships



Relationships are fun and exciting.
But they can also be confusing,
difficult and sometimes dangerous.
Read More...

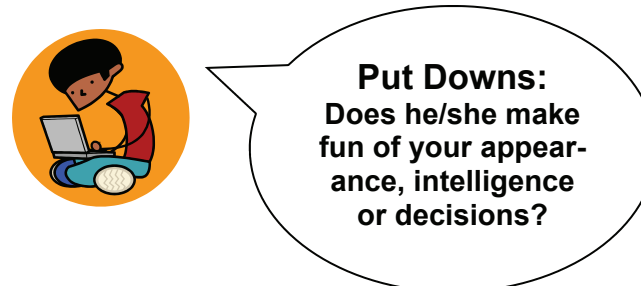
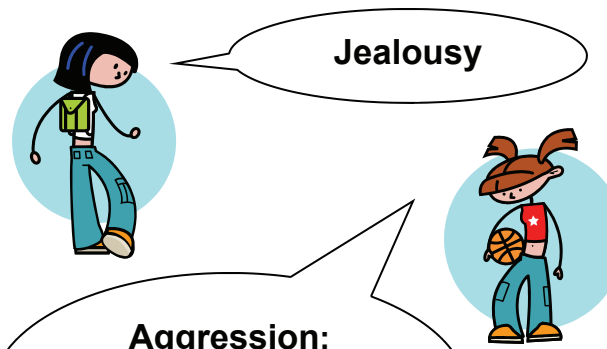
What Is A Healthy Relationship?

- You make decisions together
- It is okay to disagree with each other
- Partners cooperate
- You have other friendships, family and activities in your life
- You feel comfortable and safe with your partner
- You respect your partner, and she/he respects you
- Communication is open and honest
- Intimacy is pleasant for both
- There is **NO** abuse or violence!



Dangerous Signs!

Talk to someone you trust if these problems happen in your relationship...

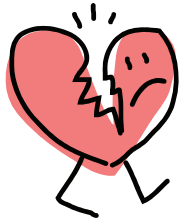


What Is Abuse?

Physical Abuse:

Some examples:

- Hitting
- Pushing or punching
- Kicking
- Holding you down



Sexual Abuse:

Some examples:

- Being forced to kiss or touch someone
- Being forced to touch someone when you don't want to
- Forced sex (intercourse)

Emotional Abuse:

Some examples:

- Insults, yelling, threats
- Isolate a person from their friends and family
- Ignoring you or making cruel comments
- Jealousy

Financial Abuse:

Some examples:

- Takes your pay-cheque or money
- Makes you pay for everything
- One person decides how all the money will be spent

You Deserve Respect.